



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



African Peanut Stew with Sweet Potato

A creamy sweet potato stew with tomatoes and silverbeet simmered with ginger, coconut and peanut butter for a delicious and rich flavour, finished with fresh coriander and roasted peanuts.



30 minutes



4 servings



Plant-Based

28 July 2023

Make extra!

You can add more to the stew and freeze any extra serves for another day! Add chickpeas, zucchini or capsicum and stretch out the sauce with some stock or more coconut milk and spice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	33g	94g

FROM YOUR BOX

BROWN RICE/LENTIL MIX	300g
SWEET POTATOES	600g
TOMATOES	2
GINGER	1 piece
PEANUT BUTTER	2 slugs
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
ROASTED PEANUTS	1 packet (80g)
CORIANDER	1 packet
SILVERBEET	1 bunch
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Coconut oil works well for this dish.



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1. COOK THE RICE & LENTILS

Add rice and lentil mix to a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender and cooked through.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **oil** (see notes). Dice sweet potatoes (1cm), wedge tomatoes, and peel and grate ginger. Add all to pan as you go along with **2 tbsp cumin**. Cook for 2–3 minutes until softened.



3. SIMMER THE STEW

Stir in peanut butter, tomato paste, **1 cup water** and coconut milk until well combined. Increase heat to medium-high. Cover and cook for 15 minutes or until sweet potato is cooked.



4. PREPARE THE TOPPINGS

Chop peanuts and coriander. Set aside.



5. ADD THE SILVERBEET

Rinse and slice silverbeet leaves. Stir through stew until wilted. Season with juice from 1/2 lime, **salt and pepper** to taste.



6. FINISH AND SERVE

Serve stew with rice and lentils. Garnish with chopped peanuts and coriander. Serve with lime wedges.

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